

Eliza Maroney

Speaker | Facilitator | Retreat Expert

**COLLABORATION OPPORTUNITIES**



# Your resource for all things retreats!

Hi friends! Whether you manage a venue, are planning a wellness festival, or are a seasoned retreat host (or perhaps even considering hosting your very first one), I am thrilled to meet you. So often we are tasked with great visions but not enough support.

Let's be real - leading transformational experiences can be daunting (and even exhausting), which is why I am here!

**I help visionaries bring their events to life by offering support from the ideation phase all the way through to execution.**

My background in marketing paired with certifications in breathwork, yoga, life coaching and meditation have lent to great success - and it's been my life's greatest honor to support and coach other visionaries for nearly a decade. I know what it's like to need guidance with logistics, planning and curation; which is why I am one of the best at what I do.

Let me support you in creating more ease and joy as you change the world with your vision!



# What working together can look like:



**Retreat Planning** - Support with ideation, logistical planning, and itinerary mapping from start to finish so you can execute with a clear vision and tailored roadmap.

**Expert Facilitation** - Bringing the people together but uncomfortable in front of the crowd? Let me support you by guiding an opening circle, offering a workshop or supporting with a closing ceremony that sets the tone for your experience.

**On-site Logistical Lead** - No one knows what it takes behind the scenes to lead a seamless retreat more than I do. From check-ins to managing kitchen staff to 1:1 support for attendees, I can be your right hand that ensures a seamless experience.



# Classes + Offerings



- 1 Opening/Closing Ceremony Facilitation
- 2 Embodiment & Dance Workshops
- 3 Bend + Blaze Cannabis-Infused Yoga
- 4 Breathwork + Cacao Journeys
- 5 Group Coaching & Women's Circles
- 6 Sound Bath Offerings and more...

\*Sessions are easily tailored to meet any collaboration's need or vision



# NOTABLE COLLABORATIONS

Opening Ceremony Sound Bath Feature at **The Emerald Cup**

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Produced the Wellness Village at **Sol Blume Music Festival**

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Silent Disco Yoga collaborations with **Garden Society**

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Retreats hosted at **Mandala Springs Retreat Center**

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Retreats hosted at **Xinalani, Mexico**

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Hundreds of Bend + Blaze Yoga classes with various **brand collaborations**

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POPSUGAR.

Forbes

# FEATURED PRESS

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[Eliza Maroney: Radiance Coach + Alchemist - SoulPlay Feature](#)

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[Sacramento News & Review - 5 Women to Watch](#)

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[Leafly - I did bend + blaze yoga, you should too.](#)

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[P O P S U G A R. - I Tried a Cannabis-Infused Yoga Class, and It Was F\\*cking Amazing](#)

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[Forbes - Meet Bend And Blaze: A Cannabis-Infused Yoga Class You Need To Take](#)

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[Enhancing Yoga with Cannabis: Retreat Boss](#)

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P O P S U G A R .

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# VIBE CHECK

WHAT TO EXPECT

# Expert Facilitation



Eliza brings a professional yet approachable energy and perspective to any activation or event. From retreats to festivals, and VIP/Influencer experiences, her knowledge and love for spiritual expansion shines through and offers attendees an unforgettable experience that they'll be talking about for years to come.

Her passion: the intersection of science and spirituality.

Her impact: an ability to bring people back home to themselves through mindfulness and heart-centered growth.



Vision Board Workshop



Dance of Sub + Dominance



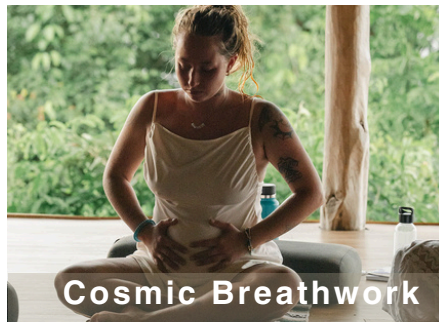
Opening Ceremony



Radiance Training



**Plant Medicine Breathwork**



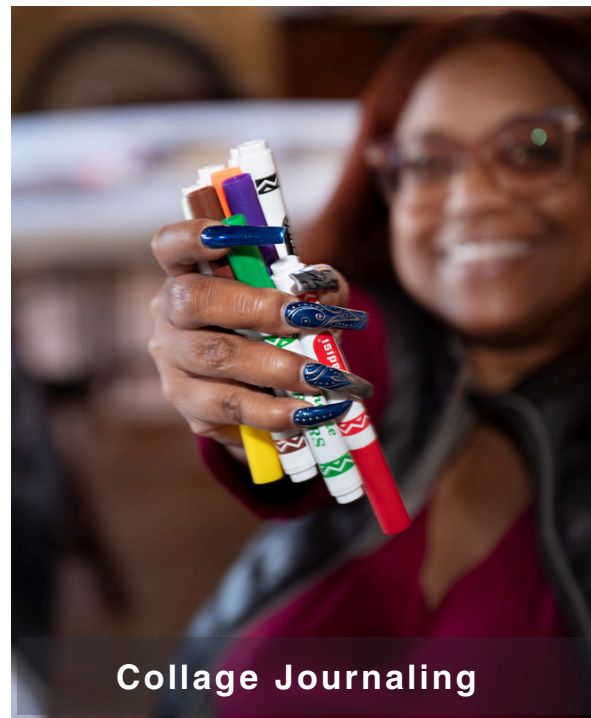
**Cosmic Breathwork**



**Guided Meditation + Sound Bath**



**Renouncing The Victim**



**Collage Journaling**

A background image showing several hands of different skin tones reaching in from the edges of the frame to form a heart shape in the center. The hands are positioned with fingers pointing towards the center, creating a warm and collaborative visual.

# PERSONAL VALUES

# 1 AGREEMENT

To foster a world that values & prioritizes the well-being of all humans through holistic & alternative practices and medicines.

# 2 AGREEMENT

To be a stand for inclusion, diversity and safety in all its forms.

# 3 AGREEMENT

To bring inspiration and hope to communities that long for it.

# 4 AGREEMENT

To represent and collaborate with brands, institutions, and companies that share our values.

# Eliza Maroney



Eliza Maroney is a **dynamic retreat leader** and **transformational facilitator** with a **proven track record** of inspiring change and growth. Over the past three years, she has led and co-facilitated more than 20 retreats both domestically & internationally and boasts a record of taking over 100 women on life-changing journeys to destinations like Mexico, Costa Rica, and this year, Spain, Morocco, and beyond.

Eliza's workshops are renowned for their ability to **empower participants to reclaim their inner radiance** and **rewrite their personal narratives**. Her signature sessions—Radiance Training, Renouncing the Victim, and The Dance of Submission and Dominance—are **sought after for their unique blend of empowerment, self-discovery, and embodied learning**.

Approachable yet deeply inspiring, Eliza's facilitation style fosters connection, courage, and transformation. **Her expertise in crafting meaningful experiences makes her an ideal partner for retreat centers and hosts seeking to create unforgettable journeys for their communities and clients.**



# CONTACT

Now booking for the 2025 calendar year.  
Please reach out privately for pricing.

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